

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"

Winter 2014



Apply to be a part of our awesome summer staff! Now accepting applications through March 31st - see back cover for details.

Youth, Adult & Senior Programs * Swim Lessons * Special Events * Fitness Classes * Bus Trips



Adult Fitness Classes



Visits with Santa



Preschool



Youth Art Classes

RESIDENTS: Registration begins Wednesday, December 4th

NON-RESIDENTS: Registration begins Monday, December 16th



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



+ _____

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Facility Reservations

Contents

Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$40 per hour for non-residents. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. If you are interested in renting the Mortensen Community Center gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The fee is \$30 per hour for residents and \$40 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. Limit: 30 guests.

Registration Form.....	2
Facility Rentals.....	3
Community Events.....	4
Bus Trips.....	5
Aquatics.....	6-7
Youth Programs.....	8-12
Preschool.....	9
Teen Programs.....	12
Adult Sports.....	13
Adult Programs.....	14
Adult Fitness.....	15-16
Adult Yoga/Pilates.....	16-17
Older Adult Programs.....	18-19
Registration Info.....	20

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin **Wednesday, March 5th, 2014** at the Parks & Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas is available online at www.newingtonct.gov/parksandrec. Sports equipment will also be available for rental; please see the reservation form for details.



UPPER SITE **\$35/day**

Open space that can accommodate 40 people and includes tables and a grill.



LOWER PAVILION **\$50/day**

Covered shelter that accommodates 60 people and includes electricity, tables and a grill.



MIDDLE PAVILION **\$75/day**

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.

FREQUENTLY REQUESTED PHONE NUMBERS

Basketball - Travel	(860) 805-4210
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 667-9737
Football - Youth	(860) 667-9737
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	(860) 828-7424
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8773

Community Events...



Visits with Santa (Free with a canned food item)

Friday, December 6th, 5:00 - 7:30 p.m. & Saturday, December 7th, 1:00 - 4:00 p.m.
Mortensen Community Center Romano Room

Santa is taking a break from the North Pole and dropping into Newington to hear your child's secret wishes and smile for your cameras. Get in the holiday spirit with your family and enjoy pictures with Santa! Don't forget to bring your cameras! This is a free community event; please bring a canned food item for the Town's food bank. For more information, please call 860-665-8666.



Family Sleigh Rides

Saturday, December 7th, 1:00 - 4:00 p.m.
Mill Pond Park

Take the family on a ride around Mill Pond Park on a horse-drawn sleigh/wagon. This is a free community event. For more information, please call 860-665-8666.



Newington's Night of Lights

Saturday, December 7th at 5:00 p.m. (Rain/Snow Date: Sunday, December 8th)
Carol Sing & Tree Lighting at Town Center, Main Street

Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual event. This magical day begins with free sleigh rides at Mill Pond Park from 1 - 4 p.m. The Fire Truck parade, refreshments, entertainment, guest speakers, carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole will take place at 5:00 p.m. at the Town Center! This is a free community event. To make the night more special, please bring a canned food item to benefit the Town's food bank. In case of inclement weather, please call 860-665-8686.



Save These Dates!

**Mark your calendar
so you don't miss out!**



**16th Annual
Golf Tournament
Monday, May 12th, 2014**



**33rd Annual
Extravaganza
Saturday, July 19th, 2014**

Youth Basketball T-Shirt Design Contest

**Newington Youth:
We need your help!**



The Newington Parks & Recreation Youth Basketball Program is having another T-Shirt Design Contest! We are all out of ideas and we want YOUR help designing this year's basketball t-shirts. Get your creative design caps on and submit your design to the Newington Parks and Recreation Office by Monday, December 2nd. The winner will receive free registration in our youth basketball program for the 2013-2014 season AND bragging rights that YOU designed our shirts! This contest is open to children who are Newington residents or attend Newington schools and are in Grades 1-8. One entry may be submitted per person. Digital or hard copies will be accepted, and all submissions become the property of the Newington Parks and Recreation Department. The registration form on page 2 must be submitted with each entry. Please note that T-shirt designs will be printed in one color. For more information, please call 860-665-8666.



Bus Trips...



Night at Mohegan Sun - Extravaganza Fundraiser Bus Trip **Saturday, February 22nd, 2014** **Bus departs Newington at 5:00 p.m. and returns at midnight.**

Join your friends, neighbors and family members on this Newington Parks and Recreation exclusive bus trip to Mohegan Sun Casino! All proceeds will support the fireworks display at our 33rd Annual Extravaganza on Saturday, July 19th, 2014. Pick-up and drop-off will be at the Newington Senior & Disabled Center parking lot at 120 Cedar Street, Newington. Adults 21+ only. Upon arrival at Mohegan Sun Casino, each person receives incentive package of \$15 in food/retail credit and \$15 free bet. (Incentive package subject to change without notice). Spaces are limited - register early!

Fee: \$40 per person.

ID: 9467



New York City - On Your Own Saturday, April 26, 2014

Get an up-close and personal view of all the sights, monuments and buildings that make New York City one of the most visited cities in the world. Visit the Statue of Liberty, the Empire State Building, Central Park or Time Square. Or, go behind the scenes and check out some of the hidden gems - the hole-in-the-wall restaurants, the handmade crafts at tiny galleries, and the neighborhoods that make the city the amazingly diverse place that it is. The city is yours to explore however you choose.

Fee: \$64 per person

ID: 9466

Bus trip includes:

- Round trip motorcoach transportation
- Leisure time for shopping, lunch or sightseeing (maps and restaurant listings will be provided)
- Bus departs at approximately 7:00 a.m. (**Specific location to be determined**). Departs New York City at approximately 6:00 p.m.

BUS TRIP GUIDELINES

- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We typically use a 50-passenger coach bus. All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them. Most trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departure location details will be stated in your trip itinerary. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- We are not responsible for your return trip if you miss the bus!
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.

Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from late September through May. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2013 pool pass for the 2013-2014 indoor season, or may purchase pool passes for the indoor season at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Daily admission rates are listed below. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (see below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM
Dates: Mondays, Wednesdays & Fridays, Sept. 30, 2013 - May 30, 2014 *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860-665-8666 for information regarding school vacation swim times.*
Fee: **Pool Pass:** Individual: \$25 / Household: \$30 (Pool passes may only be purchased at the Parks and Recreation office)
Daily Admission Rate: \$3.00 for adults, \$2.00 for children under 18, \$2.00 for seniors (62+)

Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.



December Vacation Recreational Swim Times at NHS

Monday, December 23: 12:00 - 2:00 p.m.
 Thursday, December 26: 12:00 - 2:00 p.m.
 Friday, December 27: 12:00 - 2:00 p.m.
 Monday, December 30: 12:00 - 2:00 p.m.

Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (MUST BE AT LEAST 6 YEARS OLD) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

For a more detailed list of the level descriptions, please visit

www.newingtonct.gov/parksandrec

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

Newington High School Indoor Pool 605 Willard Avenue, Newington
 Open Mon., Wed., and Fri.: 7:00 – 8:45 PM
 Office Number – 860-665-8666 / Hotline – 860-665-8686

Rocky Hill High School Indoor Pool 50 Chaplin Avenue, Rocky Hill
 Office – 860-258-7429 / Information Line – 860-258-2772

Wethersfield High School Indoor Pool 411 Wolcott Hill Rd, Wethersfield
 Office/Information – 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Preschool & Parent

Ages 3-5 with parent

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

ID:	Time	Dates
9371	5:30 - 6:00 PM	Wednesdays, January 8 - February 26



Program Information & Cancellation Hotline:
860-665-8686



Group Swim Lessons *Ages 6 - 17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed/cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$30 (8 classes)

Wednesdays, Jan. 8 - Feb. 26
(8 classes)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	ID: 9376
Level 2	ID: 9372	ID: 9377
Level 3	ID: 9373	ID: 9378
Level 4	ID: 9374	ID: 9379
Level 5/6	ID: 9375	ID: 9380

Semi-Private Swim Lessons *Ages 6 - 17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65 (4 classes)

Session 1 - WEDNESDAYS
January 8 - 29

	6:30 - 7:00 PM
Level 1	ID: 9381
Level 2	ID: 9382
Level 3	ID: 9383
Level 4	ID: 9384
Level 5/6	ID: 9385

Session 2 - WEDNESDAYS
February 5 - 26

	6:30 - 7:00 PM
Level 1	ID: 9386
Level 2	ID: 9387
Level 3	ID: 9388
Level 4	ID: 9389
Level 5/6	ID: 9390

Adult Swim Lessons *Ages 18 and up*

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Lessons are taught in groups of no more than 4 participants per instructor. Swim lessons are available for Newington residents only.

Location: Newington High School Indoor Pool

Fee: \$65

ID:	Class	Time	Dates
9391	Beginners	7-7:30 p.m.	Wednesdays, January 8 - 29 (4 classes)
9392	Advanced Beginners	7-7:30 p.m.	Wednesdays, February 5 - 26 (4 classes)

Adult Swim Lesson Level Descriptions

Beginner: Designed for adults with minimal or no swimming experience, teaches water safety and confidence in the water by introducing floating (assisted and unassisted), submerging, breath-holding and independent movement in the water.

Advanced Beginner: Designed for adults who are already comfortable in the water but have minimal swimming experience. Students will begin with unassisted floating and move into basic stroke mechanics, utilizing the deeper water.

Toddler, Preschool and Youth...

Music Together *Ages newborn to 5 years*

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

Instructor: Wednesdays: Jessica Nevins / Saturdays: Sue Freese

Location: Mortensen Community Center Romano Room

Fee: \$165 (Fee include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.)



ID:	Time	Dates
9393	9:30 - 10:15 AM	Wednesdays, January 8 - March 12 (10 classes)
9394	10:30 - 11:15 AM	Wednesdays, January 8 - March 12 (10 classes)
9395	8:30 - 9:15 AM	Saturdays, January 11 - March 15 (10 classes)
9396	9:30 - 10:15 AM	Saturdays, January 11 - March 15 (10 classes)

Join us for a **FREE demo class!**

Saturday, January 4th

8:30 - 9:15 a.m.

ID: 9397

Pre-registration is required.

Class is held in the Mortensen Community Center Romano Room. Please call for more information.

Jumpin' Gym Daze

Ages 12—36 Months with Parent

You and your toddler will enjoy this fun-filled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

Instructor: Christine Gomes

*Location: Mortensen Community Center
Gymnasium*

Fee: \$39 for residents / \$49 for non-residents

ID:	Time	Dates
9403	9:30 - 10:15 AM	Wednesdays, Jan. 8 - Feb. 26 (8 classes)
9404	10:30 - 11:15 AM	Wednesdays, Jan. 8 - Feb. 26 (8 classes)

Program Information &
Cancellation Hotline:
860-665-8686



Dance Classes *Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room

Fee: \$48 for residents / \$60 for non-residents

ID:	Ages	Class	Time	Dates
9398	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	Saturdays, January 11 - March 1 (8 classes)
9399	4 - 6	Hip Hop	2:00 - 2:45 PM	
9400	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
9401	5 - 8	Ballet	3:30 - 4:15 PM	
9402	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

Mornin' Munchkins

Ages 12—36 Months with Parent

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

Instructor: Loralyn Callahan

*Location: Mortensen Community Center
Romano Room*

Fee: \$45 for residents / \$56 for non-residents

ID:	Time	Dates
9405	9:30 - 10:15 AM	Mondays, Jan. 6 - March 10 (8 classes) (no class 1/20, 2/17)
9406	10:30 - 11:15 AM	Mondays, Jan. 6 - March 10 (8 classes) (no class 1/20, 2/17)

Creative Playtime Preschool Program...



Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Why Choose Creative Playtime Preschool Program?

- We are licensed by the State of Connecticut, meaning we have the highest standards of education and safety.
- Our mature and professional staff complete annual 'continuing education units' or 'CEU's to ensure that we are knowledgeable about the latest trends and techniques in the preschool field.
- Hundreds of children have graduated from our program since we attained State licensure in 2007.
- Our flexible program allows you to choose a schedule that suits your needs - choose morning, afternoon or full day programs - for one day per week or all five!
- Our classroom is a beautiful, large space with multiple activity areas which will offer your child an engaging and inspiring place to learn and play.

Information About Our Program

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut, and our staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and a fenced-in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Head Teacher: Loralyn Callahan
Assistant Teachers: Janet Arnold, Maggie Bazzano, Christine Gomes and Diane Teevan

2014-2015 Registration & Program Information

- **For current families and siblings**, registration begins Tuesday, January 28th.
- **For new families**, registration begins Tuesday, February 11th.
- **For non-residents**, registration begins Tuesday, February 25th.
- A **non-refundable** deposit is required at the time of registration, along with a portion of the registration fees.
- A payment plan will be available for the 2014-2015 school year.
- Open to children ages 3—5. All children must turn 3 years old by December 31, 2014. Children who will not be 3 years old until after December 31, 2014 are welcome to register and begin attending our program after their 3rd birthday if there are spaces available.
- School skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.

Additional registration information including fees for the 2014-2015 school year will be available after January 1, 2014.

We still have openings for the 2013-2014 school year.
Please call 860-665-8666 for more information!

Please join us for an



Wednesday, February 5, 2014

6:00 - 7:00 p.m.

Creative Playtime Preschool
1075 Main Street, Lower Level



Youth Programs...

Children's Painting *Grades K - 4*

Using beautiful hot and cool colors, create a city at night with bright lights and reflections all around, colorful birds, abstract designs and more! Learn how to mix different values and explore how different colors appear next to each other. Your imagination and experimentation will be used! This is a great class to practice fine motor skills. All supplies are provided. Children should wear a smock or old clothes.

Instructor: Fran Judycki

Location: MCC Arts & Crafts Room

ID:	Time	Dates	Fee
9407	6:15 - 7:15 PM	Tuesdays, February 25 - March 18 (4 classes)	\$28 for residents \$35 for non-residents

Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better. For the safety of all of our program participants this season, our instructors will have the right to send any visibly ill children home from any program at their discretion.

Let's Gogh Art Creativity Workshops *Grades K - 5*

Let's Gogh Art is passionate about inspiring children to reach beyond and create art that is uniquely their own. Let's Gogh Art programs will foster creativity, help children think outside the box and provide wicked cool and sometimes kooky art activities. Most importantly, Let's Gogh Art's unique and creative projects are FUN! All art materials are included in the class fee.

Location: MCC Arts & Crafts Room

Instructor: Let's Gogh Art staff

Fee per workshop: \$14 for residents / \$17 for non-residents



My Clay Animal Me *with Let's Gogh Art*

According to Columbian legend, each person shares a common destiny with an animal that matches his or her personality. The animal is called the person's 'Tona'. During this Mexican Folk Art workshop, art explorers create awesome Mexican 'Tona' animal characters out of clay, then paint and decorate them.

Glow-in-the-Dark Art *with Let's Gogh Art*

A glowingly gleeful workshop of creating with "glow-in-the-dark" art materials. Projects include designing glow-in-the-dark light switch covers for your room, creating glowing monsters out of clay and making G-I-D necklaces or wristbands.

Tie-Dyed Backpacks *with Let's Gogh Art*

Everyone loves to tie-dye and it's fun to tie-up your own unique creation. Learn about diffusion by creating random and interesting tie-dye patterns on special paper shapes. Then tie up and dye your very own canvas backpack for a memory making experience.

ID:	Time	Date
9408	4:30 - 5:30 PM	Wednesday Jan. 29

ID:	Time	Date
9409	4:30 - 5:30 PM	Wednesday Feb. 12

ID:	Time	Date
9410	4:30 - 5:30 PM	Wednesday Feb. 26

Spaces are limited - register early!

Children's Art Explorers

Grades K - 4

Art Explorers will find themselves exploring with different media including sculpture, painting and drawing. Imaginations will run wild creating silly striped zebras, rhythm drawings, symmetrical aliens and more! These activities require fine motor skills and imagination, which are so important for children to develop and grow, while having fun. All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 for residents / \$35 for non-residents

ID:	Time	Dates
9411	6:30 - 7:30 PM	Tuesdays, Jan. 21 - Feb. 11 (4 classes)

Children's Art Workshop *Grades K - 4*

Polar bears, moose and the Northern Lights! What is the wilderness like in the middle of winter in Alaska? Express what mother nature delivers and how you believe the animals feel with a variety of art materials. Imaginations are a must! All supplies are provided. Children should wear a smock or old clothes.



Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$12 for residents / \$14 for non-residents

ID:	Time	Date
9412	6:15 - 7:30 PM	Thursday, Feb. 27 (1 class)

Youth Sports & Fitness...

Gymnastics *Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. For Parent/Tot class, children must be 2 years old when class begins in order to participate.

Instructor: New England Gymnastics Express Staff

Location: New England Gymnastics Express - 136 Day St, Newington

Fee: \$79 for residents / \$98 for non-residents

ID:	Time	Dates
Parent and Tot: Ages 2 - 3 1/2 with Parent		
9413	1:00 - 1:40 PM	Mondays, Jan. 13 - March 3 (8 classes)
9414	1:00 - 1:40 PM	Thursdays, Jan. 16 - March 6 (8 classes)
Preschool: 3 1/2—5 years old		
9415	1:45 - 2:25 PM	Mondays, Jan. 13 - March 3 (8 classes)
9416	1:45 - 2:25 PM	Thursdays, Jan. 16 - March 6 (8 classes)
Beginner: Kindergarten - 2nd Grade		
9417	6:00 - 6:45 PM	Tuesdays, Jan. 14 - March 4 (8 classes)
9418	6:00 - 6:45 PM	Thursdays, Jan. 16 - March 6 (8 classes)

Tennis Lessons *Ages 7—12*

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children who are at a beginner or intermediate level of play. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and over-head. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.

**Please note that participants must register by the Wednesday prior to the first day of the session.*

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

Fee: Fees are listed below. Fees remain the same for non-residents.

ID:	Time	Dates	Fee
9419	4:00 - 5:00 PM	Sundays, Jan. 5 - Feb. 23 (8 classes)	\$132
9420	4:00 - 5:00 PM	Sundays, March 2 - April 27 (8 classes, no class 4/20)	\$132

Youth Recreational Basketball *Grades 1 - 8*

(Open to children who are Newington residents or attend Newington schools and are in Grades 1-8.)



The Parks and Recreation Department offers a Recreational Youth Basketball League during the winter months. Registration forms and information available on our website www.newingtonct.gov/parksandrec.

Registration deadline: Monday, December 2nd, 2013

High School Recreational Basketball *Grades 9 - 12*

(Newington residents only)



The Parks and Recreation Department offers a Recreational Basketball Program during the winter months. More information will be available on our website www.newingtonct.gov/parksandrec by mid-November.

Skyhawks Sports!

Ages 3 1/2 - 7



Skyhawks Sports are introductory programs for young children to help them explore soccer and basketball. Sky-Hawks' popular and diverse programs provide opportunities for children to learn introductory sports skills through unique games and activities. No pressure, just lots of fun, while these young athletes participate in both sports through unique Skyhawks games. Staff is committed to helping children begin on the right foot as they take their first steps into athletics. Tiny Hawks is a parent and child program. Mini Hawks is a drop-off program; however, parents will be able to go into the gym the last 10 minutes of the program each day.

Instructor: Skyhawks Staff

Location: Ruth Chaffee Elementary School Gymnasium

Fee: \$65 for residents. Fee remains the same for non-residents.

ID:	Time	Dates
Tiny Hawks (Ages 3 1/2 - 4 with parents)		
9421	5:00 - 5:50 PM	Thursdays, Jan. 9 - Feb. 13 (6 classes)
Mini Hawks (Ages 5 - 7)		
9422	6:00 - 7:00 PM	Thursdays, Jan. 9 - Feb. 13 (6 classes)

Open Gym

for Newington Students

The Mortensen Community Center Gymnasium will be opened for supervised free play on the following dates: **Dec. 23rd, Dec. 26th, Dec. 27th, Dec. 30th & Dec. 31st**. Each grade will be allowed to use the gym at the following times:

Grades 2, 3 & 4: 12:30 - 1:30 PM

Grades 5 - 8: 1:30 - 3:00 PM

Grades 9 - 12: 3:00 - 4:30 PM

Fee: \$2 per day. Parents must sign participants in each day. Admission fees will be accepted at the gym.

Youth and Teen Programs...

Basketball Skills Academy

For boys in grades 5-8



Newington Parks and Recreation presents its 5th Basketball Skills Academy for boys in grades 5 - 8. The Skills Academy will provide players the opportunity to develop and apply valuable skills offensively and defensively. Key fundamental concepts will be taught in the areas of shooting, rebounding, dribbling and passing. Offensive and defensive applications will also be taught for player development. Team play and individual contests will be included as part of the program.

Staff: Marc Tancredi, Springfield Technical Community College Assistant Coach

Location: Mortensen Community Center Gymnasium

ID	Time	Dates	Fee
9423	9:00 AM - 12:00 PM	Monday, Tuesday, Thursday, Friday December 23, 24, 26 & 27	\$75 for residents \$80 for non-residents

Acting Classes with Performing Arts Programs, Inc.

Grades K - 6

Unleash your creativity! Performing Arts Programs, Inc. is New England's proven and premiere performing arts talent development & educational program for children of all skill levels offering a professional, progressive program. Acting group lessons will include specifically designed exercises such as theater games, concentration exercises, voice and speech work, structured improvisation to improve performance, subtext, monologue work, acting terminology, sense memory, stage skills and basic script work. These classes will also be challenging and offer new and exciting activities for the more experienced!

Location: Mortensen Community Center Teen Center

Fee: \$115 for residents / Fee remains the same for non-residents

ID:	Time	Dates
K - 2nd grade		
9464	5:00-5:45 PM	Tuesdays, Feb. 4 - March 25 (7 classes, no class 2/18)
3rd - 6th grade		
9465	6:00-6:55 PM	Tuesdays, Feb. 4 - March 25 (7 classes, no class 2/18)

Teen Center Facility Rentals

Ages 7 - 18

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The facility rental fee is \$30 per hour for residents and \$40 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. Limit: 30 guests.



7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must show their school ID at the door** or a parent/guardian must be present to sign the student in - **there are absolutely no exceptions**. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

SAVE THE DATES FOR THESE
UPCOMING DANCES:

Friday, January 17, 2014

Friday, March 28, 2014

Teen Center Grades 7 - 12

Fridays, 7:00 - 10:00 PM

November 8, 2013 - March 21, 2014

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 11/29/13, 12/27/13 and 2/14/14. On the nights of 7th & 8th grade dances (listed above) the Teen Center is only open to teens in 7th & 8th grades. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

Badminton

For Ages 18 & Up

Enjoy the fun of the number two "participant sport" in the world, second only to soccer in popularity. Upgrade your level of play by joining the friendly competition of other enthusiastic men and women players. Increase aerobic fitness and stamina by participating in this weekly event. Faster than a game of tennis, players can burn 600-1000 calories an hour. Players with even a moderate amount of skill can jump right in and enjoy not only the social aspects of team play but also the fantastic health benefits of a great cardiovascular workout.

Supervisor: *Bob Briggaman*
Location: *Mortensen Community Center
Gymnasium*
Fee: \$35 for residents
\$40 for non-residents

ID:	Time	Dates
9424	7:30 - 9:45 PM	Wednesdays, Feb. 19 - May 14 (12 weeks, no program 2/26)



Men's Freeplay Basketball

For Ages 18 & Up

Here's your chance to get out and play some pick-up basketball games. This program is restricted to Newington residents only. Proof of residency is required at the time of registration.

Location: *Mortensen Community Center
Gymnasium*
Fee: \$40 (residents only)

ID:	Time	Dates
9316	7:00 - 9:00 PM	Mondays, Nov. 11 - March 10 (14 weeks, no program 12/23, 12/30, 1/20, 2/17)

Cardio Tennis for Beginners

Cardio Tennis is a new, fun group activity, featuring a circuit of drills to give players of all abilities (including beginners) the ultimate, high-energy workout! While you do hit balls during a Cardio Tennis workout, it does not matter whether you hit them in or out. Cardio Tennis will not only help you get in shape, but will help improve your tennis skills as well!

Instructors: *Newington Tennis Center Staff*
Location: *Newington Tennis Center
60 Prospect St.*

Fee: \$96 for residents / Fee remains the same for non-residents

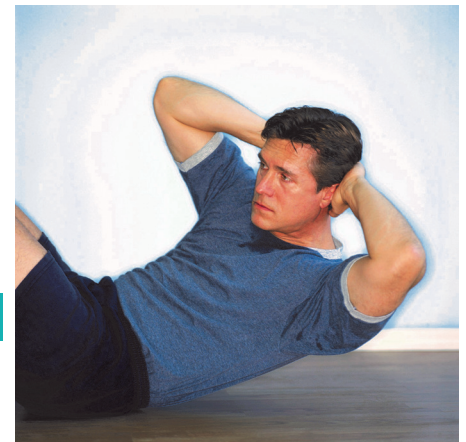
ID:	Time	Dates
9426	4:00 - 5:00 PM	Sundays, Jan. 5 - Feb. 23 (8 classes)
9427	4:00 - 5:00 PM	Sundays, March 2 - April 27 (8 classes) (no class 4/20)

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. All fitness levels are welcome!

Instructor: *Laura Campbell*
Location: *Mortensen Community Center Gymnasium*

ID:	Time	Dates	Fee
9425	5:45-6:45 PM	Tuesdays, January 7 - March 11 (10 classes)	\$50 for residents \$62 for non-residents



Mortensen Community Center Gym Rentals

The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$40 per hour for non-residents.

Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.



Adult Programs...

The Art of T'ai Chi

T'ai Chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$50 for residents / \$62 for non-residents

ID:	Class	Time	Dates
9428	Beginner	5:30 - 6:30 PM	Mondays, Jan. 6 - March 10 (8 classes, no class 1/20, 2/17)
9429	Intermediate	6:30 - 7:30 PM	Mondays, Jan. 6 - March 10 (8 classes, no class 1/20, 2/17)



Program Information
&
Cancellation Hotline:
860-665-8686

One-Day Connecticut Safe Boating and Personal Watercraft Certification

Ages 12 - adult

This single session, 8-hour course instructed by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19 1/2' in length and longer. Upon successful completion of this course, the student can mail or deliver the diploma to any State DEP or DEEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the Certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. While there is no age minimum by any state regulation, we recommend that students are least 12 years of age due to the length of the course and the amount of material covered. All students should bring a pen or pencil to class.

Instructor: Professional Marine Education staff

Location: Mortensen Community Center Romano Room

Fee: \$65 for residents / \$75 for non-residents



ID:	Time	Dates
9430	8:30 AM - 4:30 PM	Sunday, March 23rd (one class)
9431	8:30 AM - 4:30 PM	Sunday, April 27th (one class)



Impressionism - Oil Painting for Everyone

This course teaches the impressionistic style of Masters Claude Monet and Vincent Van Gogh by duplicating their work and applying their techniques to your own work. Learn how to mix color and value, apply brushstrokes and more. This is a fun, relaxing and informative course for all! Please call the Parks and Recreation Department at 860-665-8666 for a list of materials prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$35 for residents / \$44 for non-residents

ID:	Time	Dates
9432	6:15 - 8:00 PM	Mondays, March 3 - 24 (4 classes)

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run. All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium
Instructor: Mondays & Tuesdays: Lydia Borysiuk
 Thursdays: Mary Woods

ID:	Dates	Time	Fee
9433	Mondays, Jan. 13 - March 10 (7 classes) (no class 1/20, 2/17)	4:45 - 5:30 PM	\$26 for residents \$33 for non-residents
9434	Tuesdays, Jan. 14 - March 11 (9 classes)	5:15 - 6:15 PM	\$45 for residents \$56 for non-residents
9435	Thursdays, Jan. 2 - March 13 (10 classes, no class 2/6)	5:30 - 6:30 PM	\$50 for residents \$62 for non-residents

Note: All participants in our adult programs must be 16 years of age or older, except where noted otherwise.

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. In this fun class, you will learn some of the most popular dances. No partner is needed! Line dancing is fun, it's fantastic exercise and just a few classes will free the dancer in you.



Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$56 for residents / \$70 for non-residents

ID:	Time	Dates
9436	5:30 - 6:30 PM	Mondays, January 6 - March 10 (8 classes, no class 1/20, 2/17)

Zumba Toning



This Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Location: Senior & Disabled Center Auditorium
Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
9437	Mondays, Jan. 13 - March 10 (7 classes) (no class 1/20, 2/17)	5:30 - 6:15 PM	\$26 for residents \$33 for non-residents



Program
Information &
Cancellation
Hotline:



860-665-8686

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors.

Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants.



Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Thank you for your cooperation!

Adult Yoga and Fitness Classes...

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room

ID:	Class	Time	Dates	Fee
9438	Beginner Yoga with Cynthia Wolcott	6:00 - 7:15 PM	Tuesdays, Jan. 7 - March 11 (10 classes)	\$60 for residents \$75 for non-residents
9439	Mixed Levels Yoga with Lisa Jones	6:00 - 7:15 PM	Wednesdays, Jan. 8 - March 12 (10 classes)	\$60 for residents \$75 for non-residents
9440	Beginner / Mixed Levels with Karen Sevenoff	5:30 - 6:45 PM	Thursdays, Jan. 2 - March 13 (11 classes)	\$66 for residents \$82 for non-residents
9462	Mixed Levels Yoga Instructor Rotation	10:30 - 11:45 AM	Saturdays, Jan. 4 - March 1 (9 classes)	\$54 for residents \$68 for non-residents

Yoga Special

Register for any two Yoga classes on this page and save \$5!

Yoga Class Descriptions

BEGINNER YOGA

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!



MIXED LEVELS

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Thank you for your cooperation!

Note: All participants in our adult fitness programs must be 16 years of age or older, except where noted otherwise.

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
9441	6:30 - 7:30 PM	Mondays, January 6 - March 10 (8 classes, no class 1/20, 2/17)	\$32 for residents \$40 for non-residents
9442	6:30 - 7:30 PM	Wednesdays, January 8 - March 12 (10 classes)	\$40 for residents \$50 for non-residents

Register for both Hi/Lo classes and save \$5!
Residents: \$67! Non-Residents: \$85!

Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$40 for residents / \$50 for non-residents

Thursdays: \$44 for residents / \$55 for non-residents

ID:	Time	Dates
9443	9:15 - 10:15 AM	Tuesdays, Jan. 7 - March 11 (10 classes)
9444	9:15 - 10:15 AM	Thursdays, Jan. 2 - March 13 (11 classes)

Register for both classes and SAVE \$5!
Residents: \$79! Non-Residents: \$100!

Adult Pilates and Fitness Classes...

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

BEGINNER: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

Instructor: Maggie Downie
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
9445	Beginner	5:30-6:30 PM	Wednesdays, Jan. 8 - March 12
9446	Intermediate	6:30-7:30 PM	(10 classes)

Bar Physique

Bar Physique is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb hand weights.

Instructor: Donna Valente
Location: Senior & Disabled Center Rooms A & B

ID:	Time	Dates	Fee
9447	5:15-6:00 PM	Mondays, Jan. 6 - March 10 (8 classes, no class 1/20, 2/17)	\$54 for residents \$68 for non-residents
9448	5:30-6:15 PM	Thursdays, Jan. 9 - March 13 (10 classes)	\$68 for residents \$85 for non-residents



Program Information
 &
 Cancellation Hotline:
 860-665-8686

NEW Power-Up Pilates

Power-Up Pilates - Like a regular Pilates class, this class will provide a full body workout. You'll work your arms, legs, abs, back, and butt, but use props that will help to strengthen, tighten and tone the entire body quickly and safely. Power-Up Pilates integrates the lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises might feel more intense, every exercise can be modified for beginner and intermediate levels. Wear comfortable clothes, bring a mat and water.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Donna Valente
Location: Senior & Disabled Center Rooms A & B
Fee: Residents: \$54 / Non-Residents: \$68

ID:	Class	Time	Dates
9449	Mixed Levels	6:00 - 6:45 PM	Mondays, Jan. 6 - March 10 (8 classes, no class 1/20, 2/17)

Winter Special

**Register for any two classes on this page
 and save \$10!**

(Includes Mat Pilates, Power-Up Pilates, and Bar Physique)

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Programs for Older Adults...

Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the fall, winter and spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!

Monday through Friday 8:30 - 10:30 AM

FREE

There will be no indoor walking available when Town Hall is closed.

Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the gym is not available.

We apologize in advance for any inconvenience this may cause.



Fun-n-Fitness

An invigorating class that gets you off on the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$35 for residents
\$43 for non-residents

Thursdays: \$39 for residents
\$49 for non-residents

ID:	Time	Dates
9451	10:20 - 11:20 AM	Tuesdays, Jan. 7 - March 11 (10 classes)
9452	10:20 - 11:20 AM	Thursdays, Jan. 2 - March 13 (11 classes)

Register for both classes and SAVE \$5!

Residents: \$69! Non-Residents: \$87!

Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

Zumba for Older Adults

This is a fun Zumba class that will utilize choreography specifically created for the older adult population. The moves are less intense than in a traditional Zumba class and are so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, this class will be very fun and easy-to-follow. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing, appropriate footwear for a dance/exercise class and bring water.



Instructor: Mary Woods

Location: Senior & Disabled Center Auditorium, EXCEPT class on 2/28 will be held in the Mortensen Community Center Gymnasium.

Fee: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
9450 18	10:00 -10:45 AM	Fridays, January 3 - March 14 (10 classes, no class 2/7)

Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. Participants must submit a form completed by their physician when registering and be a Newington Senior & Disabled Center member with a Fitness-Plus Annual Membership. For information about becoming a Senior & Disabled Center member, please call 860-665-8778.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
9348	11:30 - 1:30 PM	Tuesday, December 3
9463	11:30 - 1:30 PM	Tuesday, January 14
9453	11:30 - 1:30 PM	Tuesday, February 11
9454	11:30 - 1:30 PM	Tuesday, March 11



Fitness Center at the Senior & Disabled Center

Programs for Older Adults...

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

So, if there's a program that you are interested in...

Please Register Early!

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$26 per session for residents
\$32 per session for non-residents

ID:	Time	Dates
9455	11:15 AM - 12:15 PM	Mondays, Jan. 6 - Feb. 3 (4 classes, no class 1/20)
9456	11:15 AM - 12:15 PM	Mondays, Feb. 24 - March 17 (4 classes)

Spaces are limited! Register Early!



Program Information
&
Cancellation Hotline:
860-665-8686

Oil Painting for Everyone

This course teaches the traditional, timeless concepts of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these fundamental concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a list of materials prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$88 for residents / \$110 for non-residents

ID:	Time	Dates
9457	9:15 - 11:45 AM	Tuesdays, January 7 - March 11 (10 classes)

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$36 for residents / \$45 for non-residents

ID:	Time	Dates
Beginners		
9458	9:00 - 9:45 AM	Mondays, January 6 - March 10 (8 classes, no class 1/20, 2/17)
Intermediates		
9459	10:00 - 10:45 AM	Mondays, January 6 - March 10 (8 classes, no class 1/20, 2/17)

Line Dancing for Older Adults

Line dancing is a great way to stay active, healthy, and have fun! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$39 per session for residents
\$49 per session for non-residents



ID:	Time	Dates
9460	11:00 AM - 12:00 PM	Fridays, January 10 - February 7 (5 classes)
9461	11:00 AM - 12:00 PM	Fridays, February 21 - March 21 (5 classes)

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Payment Methods: We accept payment by cash, check, debit, VISA, MasterCard or Discover credit cards. Program registrations will not be accepted without payment and a completed registration form.

Three Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through. Fax to 860-665-8739.

Mail-in: Complete and sign the registration form. Include credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

*Drop slot may be available after hours.

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. So, if you know you want to take a program... PLEASE REGISTER EARLY!

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday, 8:30a.m. - 4:30p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web: www.NewingtonCT.gov/parksandrec



POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Wednesday, December 4, 2013. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for select programs if there are openings beginning Monday, December 16, 2013. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register. The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued. Please see www.newingtonct.gov for the refund request form and full refund policy.

Help Wanted!

The Newington Parks and Recreation Department is now accepting applications for Summer employment.. Available positions include but are not limited to: Lifeguards, Water Safety Instructors, Summer Playground Counselors and Parks and Grounds Maintainers. Applications for Summer positions will be accepted until Monday, March 31st. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.

